



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 35201, Prairie Turnips, boiled (Northern Plains Indians)

Report Date: July 16, 2017 05:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	67.68	2	--	65.99	69.38	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Energy	kcal	129	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	541	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein <sup>1</sup>	g	1.64	2	--	1.43	1.86	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Total lipid (fat) <sup>1</sup>	g	0.32	2	--	0.28	0.35	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Ash <sup>1</sup>	g	0.36	2	--	0.29	0.43	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	29.99	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Fiber, total dietary <sup>1</sup>	g	7.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Sugars, total <sup>1</sup>	g	4.74	2	--	2.86	6.62	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.75	2	--	0.71	0.8	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Glucose (dextrose) <a href="#">1</a>	g	0.38	2	--	0.07	0.68	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Fructose <a href="#">1</a>	g	0.07	2	--	0.07	0.07	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Lactose <a href="#">1</a>	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Maltose <a href="#">1</a>	g	3.53	2	--	2	5.07	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Galactose <a href="#">1</a>	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Starch <a href="#">1</a>	g	15.80	2	--	12.39	19.21	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	103	2	--	98	109	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Iron, Fe <a href="#">1</a>	mg	0.95	2	--	0.95	0.96	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Magnesium, Mg <a href="#">1</a>	mg	49	2	--	49	50	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

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Phosphorus, P <a href="#">1</a>	mg	20	2	--	20	21	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Potassium, K <a href="#">1</a>	mg	108	2	--	94	122	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Sodium, Na <a href="#">1</a>	mg	4	2	--	4	4	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Zinc, Zn <a href="#">1</a>	mg	0.28	2	--	0.26	0.29	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Copper, Cu <a href="#">1</a>	mg	0.038	2	--	0.03	0.04	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Manganese, Mn <a href="#">1</a>	mg	0.209	2	--	0.2	0.22	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	2.0	2	--	0.7	3.2	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Thiamin <a href="#">1</a>	mg	0.126	2	--	0.13	0.13	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Riboflavin <a href="#">1</a>	mg	0.039	2	--	0.04	0.04	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Niacin <a href="#">1</a>	mg	0.708	2	--	0.55	0.87	1.0	--	--	1	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <sup>1</sup>	mg	0.379	2	--	0.34	0.42	1.0	--	--	1	Analytical or derived from analytical		-- 05/2007

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9j, 2005 Beltsville MD